

Daily Eagle

SLEEPLESSNESS.

A CAUSE OF THE NERVOUS IRREGULARITY OF YOUNG PEOPLE.

Indulgence Received in Early Childhood. Sleeping in Certain Positions—Difficult for Doctors to Agree on the Subject. Rule at West Point.

Whoever first said that "nine hours' sleep is enough for a fool" disclosed by those words a closer kinship to the fool than he was aware of. The larger and more active the brain the more sleep it needs. Webster, during the grandest period of his life, contrived to secure at least nine hours' sleep. Gen. Grant said during the most eventful period of his great campaign, "I can do nothing without nine hours' sleep."

To get the sleep required by the brain worker, it is necessary that he should be able to drop off to sleep at will. Bonaparte used to lie on the ground and in two minutes be fast asleep. It is a pretty safe rule to sleep as long as you are sleepy. There are people who are wise enough to eat when they are hungry, but who have never attained that higher degree of wisdom to sleep when they are sleepy.

Gen. Butler, who is a worker of enormous power, can sleep almost at will, it is said. M. Lespays has trained himself to sleep at any time, and it is said that he can sleep a whole day and night at a stretch. He sleeps during his railway journeys and while on shipboard, at times when others are usually awake.

Very likely much of the nervous irritability and weakness that young people have, especially girls, is due to an indigestion received in early childhood in the matter of putting off going to bed at nightfall. The parlor is lighted, the books and work are out, the table is open for games, the neighbor, perhaps, has dropped in, all looks so cheerful and bright that the child whose bedtime has sounded like a punishment for first a little more time, and the mother, whose heart yearns toward her children, and who will not deprive them of any pleasure, relents for just a little time and does not hurry to put an end to that. When at last the children do go off to sleep, they have found that procrastination is a pleasure and that they can break a paternal law by teasing; but the natural law that calls for sleep they cannot break, and as they get up in the morning at about the same time, whatever time they went to bed, their nerves have been deprived of their necessary rest and their brains of the due amount of the growth or the repair which takes place in sleep.

It has yet to be determined, says a medical journal, whether any particular harm can come from sleeping in a certain position which the individual unconsciously assumes. Observations made upon 25 soldiers show that 75 per cent. slept upon the right side, 25 per cent. upon the left and 5 per cent. on the back. A physician, however, says that it is better to lie on the right side, in the absence of special diseases, such as lung disease, rendering it desirable to lie on the right side, so as to leave the healthy lung free to expand.

When rest is taken on the right side, the body is placed where the food gravitates more easily out of the stomach into the intestines and the weight of the stomach does not compress the upper portion of the intestines.

To show how difficult it is for doctors to agree, their opinions on the proper position during sleep may be continued. One of them maintains that lying flat on the back with the limbs relaxed would seem to secure the greatest amount of rest for the muscular system. This is the position assumed in the most exhausting diseases, and it is generally hailed as a token of revival when the patient voluntarily turns on the side. Sleeping with arms thrown over the head is to be deprecated, because it creates a tendency to cramp and cold in the arms, and sometimes seems to cause headaches and dreams. On the other hand, a physician says that sleep should be taken with the face downward. Lying with the great weight of the stomach, heart, intestines and other organs pressing on the numerous nerves about the spine, must in time work injury. Even the half weight, as when the person lies on his side, must have its bad effects, it is said. The spine and nerves are also abnormally treated by the common way of resting. Sleeping with the face downward is called the natural way.

Again, it is claimed that a really healthy person does not keep in one position all night. He rests on one side and then on the other and probably sleeps on his back and in modifications of these positions. Physicians say that it injures the liver to lie constantly on the right side, as bad for the heart to lie on the left side, and most people have the right-shoulder sleep too heavily if they rest on the back. At the military school in Paris the students are ordered to sleep on the right side, and the same rule is in force at West Point.

A doctor recommends a position during sleep in which the feet will be elevated about eight inches above the head—the body can be easily formed if the process is undertaken gradually—the pillows being taken from beneath the head and placed under the feet. Many years experience with this method of sleeping convinced the doctor that the circulation is improved and better nutrition for the brain and nerves obtained. As the thyroid gland acts as a regulator for the distribution of the blood, an undue congestion of the brain must be apprehended. He recommends his method for nervous disorders depending on anæmia of the brain and spine, chorea, epilepsy, etc., and in diseases of the heart and lungs.—Good Housekeeping.

To Make Yorkshire Pudding. "How is Yorkshire pudding made?" asked a reporter of Mrs. Wells. "If I have been asked once," she replied, "I have been asked a hundred times for it. There is nothing more simple to make, and it is rightly judged in England as the best companion dish to roast beef."

Mrs. Wells then gave her receipt for making that most appetizing companion to roast beef.

Here is the receipt: To one pound of sifted flour placed in a large basin, add a teaspoonful of salt, three whole eggs; mix together with a wooden spoon, adding at intervals rather better than a quart of milk; work the batter vigorously for ten minutes to make it light, and pour it instantly into a baking tin, previously made very hot, with about two ounces of good beef dripping; set the pudding to bake under the meat, which will take about twenty-five minutes. Then cut into squares and send hot to table with some good gravy in a separate dish.

"There," said Mrs. Wells, laughing, "I have given my receipt for making a real Yorkshire pudding that will be appreciated alike by the wealthy and the poor. Let me say how glad I am to give, especially these hardy families, there is no dish that is cheaper, or more saving and toothsome."—New York Star.

That Family Ill. When I was a school teacher I was present on one occasion when the yearly bill from the general dry goods store of the neighborhood was brought in to the head of the family, a well-to-do farmer, who drove a pair of

Heat's Mechanical Equivalent.

The question as to what is the exact mechanical equivalent of heat has long puzzled engineers. The latest experiments show that one pound of water raised one degree Fahrenheit is equal to one pound lifted 779 feet.—Public Opinion.

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Peppermint is good for nausea and crampy for malaria.

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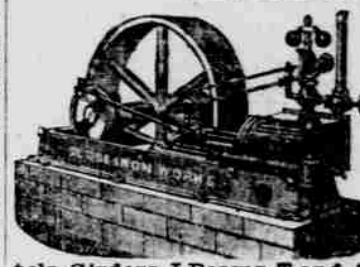
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